



Group C

Phase 6: Day 1

	Load	Week 1	Week 2	Week 3
A1) Broad Jump w/ Rebound		3x4	3x4	3x4
A2) Tall Kneeling Band Pull-Apart		2 x 8	2 x 8	2 x 8
B1) DB Step-Up	80, 82.5, 85%	3 x 5/side	3 x 5/side	3 x 4/side
B2) DB Incline Chest Press	80, 82.5, 85%	3 x 5	3 x 5	3 x 4
C1) Trap Bar Deadlift	80, 82.5, 85%	3 x 5	3 x 5	3 x 4
C2) Suspended Row		3 x 6	3 x 6	3 x 6
D1) Alternate Scap Floor Slide		2 x 8/side	2 x 8/side	2 x 8/side
D2) Backward Bear Crawl		2 x 20s	2 x 20s	2 x 20s
D3) 1-Arm DB Waiter's Walk		2 x 25 yards/side	2 x 25 yards/side	2 x 25 yards/side

**All concentrics are fast*

Phase 6: Day 2

		Week 1	Week 2	Week 3
A1) Split Squat Jump		3 x 5/side	3 x 5/side	3 x 5/side
A2) Stationary Spider Man Lunge w/ Rotation		2 x 8/side	2 x 8/side	2 x 8/side
B1) Vertical Jump -> Broad Jump		3 x 4	3 x 4	3 x 4
B2) Band-Resisted Push-Up		3 x 6	3 x 6	3 x 6
C1) 1-Arm DB Row	80, 82.5, 85%	3 x 5/side	3 x 5/side	3 x 4/side
C2) DB 1-Leg Stiff-Legged Deadlift	80, 80, 80%	2 x 6/side	2 x 6/side	2 x 6/side
D1) Wide Stance Quadruped Plank w/ 1-Arm Reach		2 x 6/side	2 x 6/side	2 x 6/side
D2) 1-Arm DB Farmer's Walk		2 x 25 yards/side	2 x 25 yards/side	2 x 25 yards/side

**All concentrics are fast*